

THE FACTS ABOUT LEAD POISONING



Lead Poisoning is a major public health problem affecting nearly half a million children under six. Lead poisoning is caused when lead, a metal, gets into the body and builds up to dangerous levels.

What Can You Do? Get Your Child Tested.

Lead poisoned children do not look sick, so the first way to protect your children is to have them tested. Many health departments provide free testing for children under 6.

Call the numbers below for more information.

Lead poisoning can cause:

Learning and Behavior Problems
Hearing Loss
Anemia
Brain Damage
Seizures, Coma and Death

Lead poisoning can be caused by:

Lead paint (found in homes built before 1978)
Plastic/Vinyl miniblinds
Food stored in lead-soldered cans or cooked in pottery containing lead
Workplaces which use lead
Water that comes through lead pipes
Soil contaminated with lead

How Can I Prevent Lead Poisoning?

- **Avoid dry scraping or sanding to remove old paint.** Contact your local health department for advice on removing old paint.
- **Remove any blinds older than 1997 and clean the window sill below them.** Replace only with blinds labeled lead-free or lead-safe.
- **Keep your house clean.** Wash window sills and floors with warm water and soap regularly. Wash anything your children put in their mouths if it falls on the floor.
- **Make sure your children wash their hands often.**
- **Make sure your children have a healthy diet.** Nutritious foods high in iron and calcium (dairy products, beans, meats, fruits and vegetables) can prevent problems.
- **Don't use traditional medicines (like Greta and Azarcon) containing lead.**
- **Don't use ceramic dishes or pottery for food unless you know they are lead-free.**

For More Help Contact:

Neasha Bryant
NC Childhood Lead Poisoning
Prevention Program
(919) 715-0581

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Health
Children's Environmental Health Section
(336) 641-7777